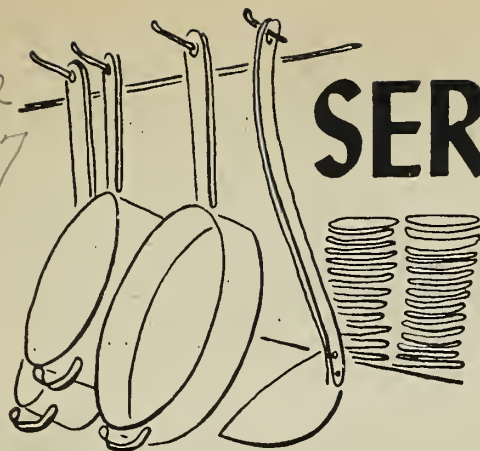


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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

U. S. DEPARTMENT OF AGRICULTURE
PRODUCTION & MARKETING ADMINISTRATION

Vol. 3, No. 47

January 5, 1946

Food News

Among the foods expected to be abundant in January, throughout the country, are roasting chickens and fowl, heavy tom turkeys, cabbage, white potatoes, oranges, and grapefruit.

Civilian supplies of Choice and Good grades of beef, especially of rib roasts and steaks, will be limited by the set-aside order reserving 30 percent of these grades of beef for the military forces.

Enriched Flour and Bread

Supplies of breakfast cereals and wheat flour are plentiful and industrial feeding managers should be discriminating in their selection of these products. Whole-grain cereals and breads contain valuable minerals and vitamins and should be included regularly in cafeteria breakfast and luncheon menus.

Many persons prefer and eat white bread and highly milled cereals, from which most of the vitamins and minerals have been removed. The food buyer can aid in improving the diets of those persons by purchasing enriched bread, enriched or restored cereals, and by using enriched flour for cooking and baking. These products cost little or no more and the color and flavor are not affected, but their nutritive value is improved greatly.

The national enrichment program was inaugurated in 1941 and provides for the enrichment of white flour and bread with those nutrients largely removed in milling. The addition of thiamin (vitamin B₁), riboflavin (vitamin B₂), niacin, and iron in specified amounts to white flour and bread is required, and the addition of calcium and vitamin D is recommended but optional.

Flour is enriched by feeding a controlled amount of the enrichment mixture continuously into the mill stream.

Bread may be enriched in one of three ways:

1. Making it from enriched flour.

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Industrial Feeding Division, 321 Market Street, San Francisco 3, Calif.

2. Adding a vitamin-mineral wafer to the mix. The wafers are made to give the desired enrichment to 100 pounds of flour and to fractional amounts.
3. Using high-vitaminized yeast.

The nutrients added to enriched flour, bread, and cereals are those in which workers' diets as a whole are inadequately supplied. The inclusion of more whole-grain products in the menu and the use of enriched flour and bread is a practical means of improving the dietaries and health of industrial workers.

Breakfast to Work On

Too many workers begin the day with little or no breakfast. This may be because they arise late and are in a hurry, have a long trip to work, or have no one to prepare breakfast. One reason that a worker's breakfast is omitted or is inadequate is because he does not realize the relationship of a good breakfast to his health and efficiency.

Food service managers have a challenge to counteract the habit of no breakfast or of an inadequate one. They should tell the story of "better breakfasts" to the workers by posters, table-tent cards, articles in the plant paper, talks, and personal interviews.

The most effective stimulus to workers to eat better breakfasts is to provide breakfast service at the plant. If food is available in the plant cafeteria at breakfast time, and is well-prepared and quickly served, many workers will take advantage of this opportunity to eat before they go to work.

The breakfast service may be simple and the menu limited but it should:

Provide appetizing and nutritious foods such as:

Citrus fruits and juices and tomato juice
Whole-grain and enriched cereals with milk
Eggs
Enriched and whole-wheat toast
Coffee
Milk

Serve foods that are cooked to order or prepared on a staggered schedule.

Display foods on a convenient neatly arranged counter.

Provide quick, efficient service.

Mental alertness and muscular efficiency remain at a higher level during the morning hours if workers eat an adequate breakfast. Dr. Haggard and Dr. Greenburg ^{1/} point out that: "High muscular efficiency is the objective and measurable accompaniment of a subjective feeling of well-being and vigor. The rise and fall of this efficiency is correlated also with the rise and fall of productivity among factory operatives performing manual tasks." And to quote again: "Our findings indicate that diminished productivity heretofore attributed to fatigue may in reality be dietary."

A study made in an ordnance depot in 1945 showed that the greatest number of accidents occurred in the morning hours between 11:00 a.m. and noon, and that an important reason was that few of the workers had eaten an adequate breakfast.

^{1/} Haggard M. D., Howard W. and Greenburg M. D., Leon A. - "Diet for Physical Efficiency." New Haven, Conn. Yale University Press, 1935.

Cooking Chickens

Roasting chickens and older fowl will be plentiful this winter. Industrial feeding managers can use the older fowl advantageously for stowing, braising, and extended dishes like chicken and noodles, creamed chicken, and chicken potpie.

Observe these rules when cooking chickens:

1. Cook at a moderate heat so the flesh will be juicy, tender, and evenly cooked to the bone.
2. Vary the cooking method according to the age and fatness of the bird. Lean, mature birds are suitable for braising. Old fowl need long slow cooking by moist heat such as stewing or steaming.

Poultry is very perishable. Keep uncooked poultry refrigerated. Chill cooked poultry quickly, keep it cold, and use it soon after it is cooked.

Most plant cafeteria managers buy chickens by "dressed weight" or undrawn with head and feet left on. When the entrails and the head and feet are removed, the "drawn weight" of the bird will be about one-fifth less than the dressed weight.

Special Lunch Menus for January

These menus suggest the use of foods in abundant supply which are indicated by asterisks.

- | | |
|--|---|
| <p>1.</p> <p>Roast lamb
Oven-browned potatoes*
Buttered broccoli
Enriched bread with butter or
fortified margarine
Sliced oranges* with custard sauce
Beverage</p> | <p>2.</p> <p>Chili con carne
Baked Hubbard squash
Mixed green salad
Whole-wheat bread with butter or
fortified margarine
Fruit cup
Milk</p> |
| <p>3.</p> <p>Braised chicken*
Mashed potatoes*
Buttered green beans
Enriched rolls with butter or
fortified margarine
Deep dish apple pie
Milk</p> | <p>4.</p> <p>Spanish omelet
Baked potato*
Buttered spinach
Whole-wheat bread with butter or
fortified margarine
Coffee ice cream
Milk</p> |
| <p>5.</p> <p>Beef stew with potatoes*, onions,
carrots
Sliced orange* salad on leaf lettuce
Enriched bread with butter or fortified
margarine
Warm gingerbread with whipped cream
Milk</p> | <p>6.</p> <p>Frankfurters
Hot potato* salad
Buttered cabbage*
Enriched bread with butter or
fortified margarine
Pumpkin pie
Beverage</p> |

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7.

Meat loaf with sweet relish
Scalloped potatoes*
Glazed carrots
Whole-wheat bread with butter or
fortified margarine
Caramel custard
Beverage

9.

Savory creamed chicken* on biscuits
Baked sweetpotato
Buttered green peas
Enriched bread with butter or
fortified margarine
Fruited gelatine
Milk

11.

Fish cakes
Cole slaw*
Buttered carrot strips
Whole-wheat bread with butter or
fortified margarine
Sponge roll with orange* cream filling
Beverage

13.

Braised calves' liver
Parsley-battered potatoes*
Cabbage* and carrot salad
Whole-wheat bread with butter or
fortified margarine
Chocolate pudding
Milk

8.

Corned Beef
Hashed brown potatoes*
Cabbage* and green pepper salad
Enriched rolls with butter or
fortified margarine
Chocolate layer cake
Milk

10.

Pot roast of beef
Steamed potatoes*
Buttered spinach
Whole-wheat bread with butter or
fortified margarine
Ice cream
Beverage

12.

Braised pork chop
Potatoes* au gratin
Buttered green beans
Enriched bread with butter or
fortified margarine
Lemon meringue pie
Beverage

14.

Boston baked beans with salt pork
Shredded cabbage* and tomatoes
Tossed green salad
Enriched bread with butter or
fortified margarine
Peach cobbler
Milk

15.

Roast veal with dressing
Mashed potatoes*
Buttered green peas
Enriched bread with butter or
fortified margarine
Fruit cup with spice cookie
Milk

